

*Simply Charlotte Mason presents*

# *Individual Studies*

*A Year of Language Arts, Math, Science*



*Lesson Plans for Grade 1*

*by Sonya Shafer*

# *An entire year of step-by-step lesson plans for language arts, science, and math!*



The convenient tips, reminders, and pre-planned lessons in this book make it simple to guide your student using Charlotte Mason's effective methods.

## **These Individual Studies will**

- Keep lessons varied, focused, and of appropriate length.
- Emphasize the cultivation of good habits in school work.
- Encourage growth in language arts through living books and literature.
- Guide you in science through nature study, living books, and other resources.
- Allow you to use the math curriculum of your choice.
- Provide a thorough education at an enjoyable pace.

*Combine these Individual Studies with our family-combined History Studies and Enrichment Studies for a complete Charlotte Mason curriculum!*

# *Keep It* **Simple**

One lesson per book per day!

1.  **History, Geography, & Bible**  
Creation to Current
2.  **Enrichment Studies**  
Art, Music, Literature, & More
3.  **Individual Studies**  
Language Arts, Math, & Science

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# ***Individual Studies for Grade 1***

*A Year of Lesson Plans  
for Language Arts, Math, and Science*

by  
Sonya Shafer

Individual Studies for Grade 1: A Year of Lesson Plans for Language Arts, Math, and Science  
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# Contents

|   |   |
|---|---|
| <i>How to Use</i> .....                     | 7 |
| <i>Complete Year's Resources List</i> ..... | 8 |

|                     |    |
|---------------------|----|
| <i>Term 1</i> ..... | 9  |
| Lesson 1 .....      | 11 |
| Lesson 2 .....      | 11 |
| Lesson 3 .....      | 12 |
| Lesson 4 .....      | 12 |
| Lesson 5 .....      | 13 |
| Lesson 6 .....      | 13 |
| Lesson 7 .....      | 14 |
| Lesson 8 .....      | 14 |
| Lesson 9 .....      | 15 |
| Lesson 10 .....     | 15 |
| Lesson 11 .....     | 16 |
| Lesson 12 .....     | 16 |
| Lesson 13 .....     | 17 |
| Lesson 14 .....     | 17 |
| Lesson 15 .....     | 17 |
| Lesson 16 .....     | 18 |
| Lesson 17 .....     | 18 |
| Lesson 18 .....     | 19 |
| Lesson 19 .....     | 19 |
| Lesson 20 .....     | 20 |
| Lesson 21 .....     | 20 |
| Lesson 22 .....     | 20 |
| Lesson 23 .....     | 21 |
| Lesson 24 .....     | 21 |
| Lesson 25 .....     | 22 |
| Lesson 26 .....     | 22 |
| Lesson 27 .....     | 22 |
| Lesson 28 .....     | 23 |
| Lesson 29 .....     | 23 |
| Lesson 30 .....     | 24 |
| Lesson 31 .....     | 24 |
| Lesson 32 .....     | 25 |
| Lesson 33 .....     | 25 |
| Lesson 34 .....     | 26 |
| Lesson 35 .....     | 26 |
| Lesson 36 .....     | 27 |
| Lesson 37 .....     | 27 |
| Lesson 38 .....     | 28 |
| Lesson 39 .....     | 28 |
| Lesson 40 .....     | 28 |
| Lesson 41 .....     | 29 |
| Lesson 42 .....     | 29 |

|                 |    |
|-----------------|----|
| Lesson 43 ..... | 30 |
| Lesson 44 ..... | 30 |
| Lesson 45 ..... | 31 |
| Lesson 46 ..... | 31 |
| Lesson 47 ..... | 31 |
| Lesson 48 ..... | 32 |
| Lesson 49 ..... | 32 |
| Lesson 50 ..... | 33 |
| Lesson 51 ..... | 33 |
| Lesson 52 ..... | 34 |
| Lesson 53 ..... | 34 |
| Lesson 54 ..... | 35 |
| Lesson 55 ..... | 35 |
| Lesson 56 ..... | 36 |
| Lesson 57 ..... | 36 |
| Lesson 58 ..... | 37 |
| Lesson 59 ..... | 37 |
| Lesson 60 ..... | 38 |

**Term 2 .....39**

|                 |    |
|-----------------|----|
| Lesson 61 ..... | 41 |
| Lesson 62 ..... | 41 |
| Lesson 63 ..... | 42 |
| Lesson 64 ..... | 42 |
| Lesson 65 ..... | 42 |
| Lesson 66 ..... | 43 |
| Lesson 67 ..... | 43 |
| Lesson 68 ..... | 44 |
| Lesson 69 ..... | 44 |
| Lesson 70 ..... | 45 |
| Lesson 71 ..... | 45 |
| Lesson 72 ..... | 45 |
| Lesson 73 ..... | 46 |
| Lesson 74 ..... | 46 |
| Lesson 75 ..... | 47 |
| Lesson 76 ..... | 47 |
| Lesson 77 ..... | 48 |
| Lesson 78 ..... | 48 |
| Lesson 79 ..... | 48 |
| Lesson 80 ..... | 49 |
| Lesson 81 ..... | 49 |
| Lesson 82 ..... | 50 |
| Lesson 83 ..... | 50 |
| Lesson 84 ..... | 51 |
| Lesson 85 ..... | 51 |
| Lesson 86 ..... | 51 |
| Lesson 87 ..... | 52 |
| Lesson 88 ..... | 52 |
| Lesson 89 ..... | 53 |

|                  |    |
|------------------|----|
| Lesson 90 .....  | 53 |
| Lesson 91 .....  | 54 |
| Lesson 92 .....  | 54 |
| Lesson 93 .....  | 55 |
| Lesson 94 .....  | 55 |
| Lesson 95 .....  | 56 |
| Lesson 96 .....  | 56 |
| Lesson 97 .....  | 57 |
| Lesson 98 .....  | 57 |
| Lesson 99 .....  | 58 |
| Lesson 100 ..... | 58 |
| Lesson 101 ..... | 59 |
| Lesson 102 ..... | 59 |
| Lesson 103 ..... | 59 |
| Lesson 104 ..... | 60 |
| Lesson 105 ..... | 60 |
| Lesson 106 ..... | 61 |
| Lesson 107 ..... | 61 |
| Lesson 108 ..... | 62 |
| Lesson 109 ..... | 62 |
| Lesson 110 ..... | 63 |
| Lesson 111 ..... | 63 |
| Lesson 112 ..... | 64 |
| Lesson 113 ..... | 64 |
| Lesson 114 ..... | 64 |
| Lesson 115 ..... | 65 |
| Lesson 116 ..... | 65 |
| Lesson 117 ..... | 66 |
| Lesson 118 ..... | 66 |
| Lesson 119 ..... | 67 |
| Lesson 120 ..... | 67 |

**Term 3 .....69**

|                  |    |
|------------------|----|
| Lesson 121 ..... | 71 |
| Lesson 122 ..... | 71 |
| Lesson 123 ..... | 71 |
| Lesson 124 ..... | 72 |
| Lesson 125 ..... | 72 |
| Lesson 126 ..... | 73 |
| Lesson 127 ..... | 73 |
| Lesson 128 ..... | 74 |
| Lesson 129 ..... | 74 |
| Lesson 130 ..... | 74 |
| Lesson 131 ..... | 75 |
| Lesson 132 ..... | 75 |
| Lesson 133 ..... | 76 |
| Lesson 134 ..... | 76 |
| Lesson 135 ..... | 77 |
| Lesson 136 ..... | 77 |

|                  |    |
|------------------|----|
| Lesson 137 ..... | 77 |
| Lesson 138 ..... | 78 |
| Lesson 139 ..... | 78 |
| Lesson 140 ..... | 79 |
| Lesson 141 ..... | 79 |
| Lesson 142 ..... | 80 |
| Lesson 143 ..... | 80 |
| Lesson 144 ..... | 80 |
| Lesson 145 ..... | 81 |
| Lesson 146 ..... | 81 |
| Lesson 147 ..... | 82 |
| Lesson 148 ..... | 82 |
| Lesson 149 ..... | 83 |
| Lesson 150 ..... | 83 |
| Lesson 151 ..... | 84 |
| Lesson 152 ..... | 84 |
| Lesson 153 ..... | 84 |
| Lesson 154 ..... | 85 |
| Lesson 155 ..... | 85 |
| Lesson 156 ..... | 86 |
| Lesson 157 ..... | 86 |
| Lesson 158 ..... | 87 |
| Lesson 159 ..... | 87 |
| Lesson 160 ..... | 87 |
| Lesson 161 ..... | 88 |
| Lesson 162 ..... | 88 |
| Lesson 163 ..... | 89 |
| Lesson 164 ..... | 89 |
| Lesson 165 ..... | 90 |
| Lesson 166 ..... | 90 |
| Lesson 167 ..... | 91 |
| Lesson 168 ..... | 91 |
| Lesson 169 ..... | 91 |
| Lesson 170 ..... | 92 |
| Lesson 171 ..... | 92 |
| Lesson 172 ..... | 93 |
| Lesson 173 ..... | 93 |
| Lesson 174 ..... | 93 |
| Lesson 175 ..... | 94 |
| Lesson 176 ..... | 94 |
| Lesson 177 ..... | 95 |
| Lesson 178 ..... | 95 |
| Lesson 179 ..... | 96 |
| Lesson 180 ..... | 96 |



# How to Use

Most school subjects can be taught to your whole family together, but some subjects are best taught individually so you can progress at the student's pace. This book of lesson plans contains suggestions and assignments for individual work for students in grade 1. Complete one lesson plan per day to finish these studies in a school year.

The lesson plans in this book cover reading and writing, science, and math.

## ***Reading & Writing***

Since students at this young age vary greatly in readiness for reading and writing, we offer two tracks of plans: A and B. Select the track that best fits your student and follow that track's plans throughout the year.

**Track A**—For students who are just starting out to learn to read and write. They know the letters and the sounds and have done some word building with short vowels, long vowels, and a few blends. They may or may not know how to write the letters.

**Track B**—For students who can already read many words and short sentences and can print letters but need more practice reading and writing to gain fluency.

## ***Science***

Science can be done individually, or if you have more than one student in grades 1–6, they may all do one science course together. Simply Charlotte Mason has several to choose from.

Nature Study is an important part of science studies; be sure to include it. Follow the Nature Study suggestions in your selected science course or use the nature notebook, *Journaling a Year in Nature*, to guide your weekly study. Nature Study can be done all together as a family, but we have included reminders in these individual plans too.

## ***Math***

Use the math curriculum of your choice. These lesson plans will include reminders to work on it. As with other individual work, be sure to go at your student's pace.

# Complete Year's Resources List

- Math course of choice
- Simply Charlotte Mason science course of choice
- *Journaling a Year in Nature* notebooks, one per person (optional)

## Select Track A or Track B

### Track A

- *Delightful Reading, Level 3: From Words to Books* Kit
- *First Steps*
- *Days Go By*
- *More Days Go By*
- *Delightful Handwriting* teacher book
- *Delightful Handwriting* student copybook

The *Delightful Handwriting* student copybook is available in two handwriting styles: the traditional print-straight-up-and-down Zaner Bloser and the print-on-a-slant D'Nealian. Select whichever style you prefer. The teacher book contains instructions for both styles.

### Track B

- *Busy Times*
- *More Busy Times*
- *A Child's Copybook Reader*, Volumes 1–3

The copybook readers are available in two handwriting styles: the traditional print-straight-up-and-down Zaner Bloser and the print-on-a-slant D'Nealian. Select whichever style you prefer.

*Note: All resources except math are available from Simply Charlotte Mason.*

# Term 1

(12 weeks; 5 lessons/week)

## Term 1 Resources List

- Math course of choice
- Simply Charlotte Mason (SCM) science course of choice
- *Journaling a Year in Nature* notebooks (optional)

### Track A

- *Delightful Reading, Level 3: From Words to Books* Kit
- *Delightful Handwriting* teacher book
- *Delightful Handwriting* student copybook
- *First Steps*

### Track B

- *A Child's Copybook Reader, Volume 1*
- *Busy Times*

## Weekly Schedule (most weeks)

|         | Day One   | Day Two   | Day Three  | Day Four  | Day Five                        |
|---------|---|---|--|---|---------------------------------|
|         | Math (15–20 min.)   | Math (15–20 min.)   | Math (15–20 min.)                                    | Math (15–20 min.)   | Math (15–20 min.)               |
|         |   | Science (15–20 min.)  |  | Science (15–20 min.)  | (Nature Study)                  |
| Track A | Delightful Reading (10–15 min.);<br>Delightful Handwriting (5 min.) | Delightful Handwriting (5 min.);<br>First Steps, begins halfway through the term (10–15 min.) | Delightful Reading (10–15 min.)                      | Delightful Handwriting (5 min.);<br>First Steps, begins halfway through the term (10–15 min.) | Delightful Reading (10–15 min.) |
| Track B | Copybook Reader (5 min.)  | Copybook Reader (5 min.)  | Copybook Reader (5 min.);<br>Busy Times (10–15 min.) | Copybook Reader (5 min.)  | Busy Times (10–15 min.)         |



## Lesson 1

### Materials Needed

- *Delightful Reading, Level 3: From Words to Books Kit* (Track A)
- *A Child's Copybook Reader, Volume 1* (Track B)
- Math course of choice

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**Tip:** Select either Track A or Track B to complete with your student. You need do only one. See page 7 for detailed descriptions.

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**Track A:** Spend 10–15 minutes working on *Delightful Reading, Level 3: From Words to Books*. Go at your student's pace and be sure to stop the lesson before your student loses attention.

**Track B:** Help your student read aloud *A Child's Copybook Reader, Volume 1*, page 4.

**Math:** Work on your selected math curriculum for 15–20 minutes.

## Lesson 2

### Materials Needed

- *Delightful Handwriting* teacher book (Track A)
- *Delightful Handwriting* student copybook (Track A)
- *A Child's Copybook Reader, Volume 1* (Track B)
- Math course of choice
- SCM science course of choice

**Track A:** Complete Lesson 1 in *Delightful Handwriting*.

**Track B:** Have your student carefully copy *A Child's Copybook Reader, Volume 1*, page 5. Encourage him to pay close attention as he copies, for when he is done you will ask him how to spell one of the words. When he has finished the copywork, invite him first to spell any word he remembers from the passage. Ask him to spell *and*; if he is unsure, allow him to look at the word.

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**Tip:** Encourage the habits of attention and best effort in copywork lessons by expecting it to be done right the first time. Mistakes or sloppy work requires the student to recopy the entire passage until it is done well.

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**Math:** Work on your selected math curriculum for 15–20 minutes.

**Science:** In your SCM science course, complete the first assignment for Week 1. Check the suggested schedule in the course book.

## Lesson 3

### Materials Needed

- *Delightful Reading, Level 3: From Words to Books Kit* (Track A)
- *A Child's Copybook Reader, Volume 1* (Track B)
- Math course of choice

**Math:** Work on your selected math curriculum for 15–20 minutes.

**Track A:** Spend 10–15 minutes working on *Delightful Reading, Level 3: From Words to Books*.

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*Tip: Set the timer for 10 or 15 minutes and when it alerts you, stop the lesson. You can pick up at that point next time.*

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**Track B:** Have your student carefully copy *A Child's Copybook Reader, Volume 1*, page 6. Remind him to pay close attention as he copies, for when he is done you will ask him how to spell one of the words. When he has finished the copywork, invite him first to spell any word he remembers. Ask him to spell *all*; if he is unsure, allow him to look at the word.

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*Tip: You may complete school assignments in any order that works best for your family's schedule. Try to sequence lessons throughout the day to use different parts of the student's brain and body as you go along. In other words, don't schedule two "book-heavy" assignments back to back. Put the math assignment in between or do some Family work—such as Picture Study or Music Study—in between to break up the readings. Each lesson plan in this book is sequenced to help you with that important principle.*

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## Lesson 4

### Materials Needed

- *Delightful Handwriting* teacher book (Track A)
- *Delightful Handwriting* student copybook (Track A)
- *A Child's Copybook Reader, Volume 1* (Track B)
- Math course of choice
- SCM science course of choice

**Track A:** Complete Lesson 2 in *Delightful Handwriting*.

**Track B:** Have your student carefully copy *A Child's Copybook Reader, Volume 1*, page 7. When he has finished the copywork, invite him to spell any word he remembers. Ask him to spell *things*; if he is unsure, allow him to look at the word.

**Math:** Work on your selected math curriculum for 15–20 minutes.

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*Tip: If you are not able to complete the math lesson in 15–20 minutes, you can schedule another 15- or 20-minute time slot later in the day to finish (if you think it is necessary to do so).*

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**Science:** In your SCM science course, complete the second assignment for Week 1.

## Lesson 5

### Materials Needed

- *Delightful Reading, Level 3: From Words to Books Kit* (Track A)
- *Busy Times* (Track B)
- Math course of choice
- (Optional) *Journaling a Year in Nature* notebooks

**Math:** Work on your selected math curriculum for 15–20 minutes.

**Track A:** Spend 10–15 minutes working on *Delightful Reading, Level 3: From Words to Books*.

**Track B:** Help your student read aloud *Busy Times*, pages 6–16, “A Warm Day.”

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*Tip: Don’t worry if your student doesn’t get through all of pages 6–16. There is a scheduled catch-up time in lesson 8.*

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**Nature Study:** Take the whole family outside for nature study.

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*Tip: Follow the Nature Study suggestions in your SCM science course or use the nature notebooks, *Journaling a Year in Nature*, to guide your weekly nature study.*

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## Lesson 6

### Materials Needed

- *Delightful Reading, Level 3: From Words to Books Kit* (Track A)
- *A Child’s Copybook Reader, Volume 1* (Track B)
- Math course of choice

**Track A:** Spend 10–15 minutes working on *Delightful Reading, Level 3: From Words to Books*.

**Track B:** Have your student carefully copy *A Child’s Copybook Reader, Volume*